

# Nursing Theories Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

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- 1. During which stage do new mothers gain competence through practicing behaviors?**
  - A. The stage of expectations**
  - B. The stage of learning infant cues**
  - C. The stage of replicating behaviors**
  - D. The stage of integrating mothering into self**
- 2. How is health viewed in the context of chronic sorrow?**
  - A. Unchanging state of being**
  - B. Normality of functioning despite loss**
  - C. Purely physical well-being**
  - D. Emotional reactions to external factors**
- 3. What does the environment entail in the concept of chronic sorrow?**
  - A. Private space and personal thoughts**
  - B. Interactions within social contexts**
  - C. Only professional environments**
  - D. Geographical location**
- 4. In the context of Reed's Theory, what is the role of nursing?**
  - A. Providing medication management only**
  - B. Assisting persons through therapeutic management**
  - C. Risk assessment for health conditions**
  - D. Administrative duties in healthcare settings**
- 5. What characterizes an expert nurse?**
  - A. Reliance on texts and guidelines**
  - B. Ability to recognize patterns**
  - C. Focus solely on technical skills**
  - D. Emphasis on patient satisfaction surveys**

- 6. What does Ray's bureaucratic caring suggest about the concept of health?**
- A. Health is merely the absence of disease**
  - B. Health is a pattern of meaning for individuals, families, and communities**
  - C. Health is solely a personal responsibility**
  - D. Health is defined by healthcare professionals only**
- 7. Which of the following is NOT a component of the nursing metaparadigm?**
- A. Health**
  - B. Patient**
  - C. Technology**
  - D. Environment**
- 8. What does the concept of transcendence in the human becoming theory refer to?**
- A. Limited to overcoming difficulties**
  - B. A personal growth beyond current situations**
  - C. Strict adherence to traditional practices**
  - D. The inability to change circumstances**
- 9. What is the primary focus of the nursing process in Roy's adaptation model?**
- A. Management of chronic diseases**
  - B. Assessment and enhancement of adaptive abilities**
  - C. Education and community outreach**
  - D. Research in nursing theory**
- 10. According to Orem, which elements contribute to the concept of environment?**
- A. Cultural beliefs and practices**
  - B. Physical, chemical, biological, and social contexts**
  - C. Only physical and biological factors**
  - D. Personal beliefs and decisions**

## **Answers**

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1. C
2. B
3. B
4. B
5. B
6. B
7. C
8. B
9. B
10. B

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## **Explanations**

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**1. During which stage do new mothers gain competence through practicing behaviors?**

- A. The stage of expectations**
- B. The stage of learning infant cues**
- C. The stage of replicating behaviors**
- D. The stage of integrating mothering into self**

The stage in which new mothers gain competence through practicing behaviors is accurately identified as the stage of replicating behaviors. In this stage, mothers have often begun to observe and learn various skills essential for caring for their infants, such as feeding, comforting, and interacting. As they replicate these behaviors, they gain confidence and develop a sense of proficiency in their role as caregivers. This practice enhances their ability to respond appropriately to their infant's needs, thus fostering a stronger mother-child bond and improving maternal skills. In this context, the other stages are significant but serve different purposes. The stage of expectations refers to the anticipatory thoughts and feelings a mother may have about what motherhood entails, which does not yet involve practical application. The stage of learning infant cues focuses on understanding a baby's signals and behaviors, which is foundational but precedes the hands-on practice of those skills. The stage of integrating mothering into self involves a more comprehensive assimilation of the mothering role into one's identity, occurring after behaviors have been replicated and internalized. Each stage builds upon the previous one, but it is in the stage of replicating behaviors that mothers actively engage in practice to develop competence.

**2. How is health viewed in the context of chronic sorrow?**

- A. Unchanging state of being**
- B. Normality of functioning despite loss**
- C. Purely physical well-being**
- D. Emotional reactions to external factors**

In the context of chronic sorrow, health is viewed as the ability to maintain a sense of normality in functioning despite experiencing a significant loss or ongoing grief. Chronic sorrow is a concept that recognizes that individuals may continue to deal with their grief over a prolonged period, rather than resolving it in a traditional sense. In this framework, health is not solely defined by the absence of sorrow or suffering, but instead encompasses the capacity to adapt and find ways to live a meaningful life even amidst emotional pain. This perspective highlights the complexities of human emotional experiences and acknowledges that individuals can achieve a form of well-being that allows them to function effectively, despite the presence of ongoing grief related to their loss. It reflects the understanding that emotional well-being is a critical component of overall health, particularly in the face of challenging life experiences such as chronic sorrow.

**3. What does the environment entail in the concept of chronic sorrow?**

- A. Private space and personal thoughts**
- B. Interactions within social contexts**
- C. Only professional environments**
- D. Geographical location**

In the context of chronic sorrow, the environment refers to the interactions within social contexts. Chronic sorrow is a response to ongoing loss and grief, often experienced by individuals caring for someone with a chronic illness or disability. This perspective recognizes that the emotional experience of chronic sorrow is significantly influenced by social relationships and support systems. Supportive interactions with others, whether they are family, friends, or professionals, play a crucial role in how individuals cope with chronic sorrow. The dynamics of these social contexts can either alleviate or exacerbate feelings of grief. For instance, a supportive social environment can provide validation and understanding, whereas a lack of social support can lead to feelings of isolation and heightened sorrow. Thus, the social context encompasses how individuals relate to and are impacted by those around them during their journey through chronic sorrow, highlighting the importance of relationships and community in managing emotional health.

**4. In the context of Reed's Theory, what is the role of nursing?**

- A. Providing medication management only**
- B. Assisting persons through therapeutic management**
- C. Risk assessment for health conditions**
- D. Administrative duties in healthcare settings**

In the context of Reed's Theory, the role of nursing is fundamentally centered on assisting individuals through therapeutic management. This theory emphasizes the importance of understanding the holistic nature of each person's health experience and the need for nurses to facilitate or guide individuals in making sense of their own health challenges. Reed's Theory suggests that the nurse's role extends beyond mere medical tasks or administrative functions to actively engaging with patients in a therapeutic relationship. This involves not just addressing physical issues but also considering emotional, social, and psychological dimensions of care. Nurses are seen as facilitators who help patients navigate their health journeys, promoting empowerment and self-management. This multifaceted approach recognizes that each person's health is influenced by various factors, and nurses play a crucial role in helping patients achieve their optimal health outcomes through support and intervention rather than solely focusing on administrative tasks, medication management, or risk assessments. In this light, the essence of nursing within Reed's framework is about fostering a supportive environment for patients to explore and manage their health needs effectively.

## 5. What characterizes an expert nurse?

- A. Reliance on texts and guidelines
- B. Ability to recognize patterns**
- C. Focus solely on technical skills
- D. Emphasis on patient satisfaction surveys

An expert nurse is characterized by the ability to recognize patterns. This skill allows them to assess complex clinical situations quickly and effectively, drawing upon extensive experience and clinical knowledge. Expert nurses often have a deep understanding of the subtleties in patient presentations that may not be obvious to less experienced nurses. They can identify cues that indicate a patient's condition is deteriorating or stabilizing, allowing for timely interventions. This pattern recognition is a critical component of clinical judgment and decision-making, which is essential in providing high-quality patient care. It involves synthesizing information from different sources—medical history, physical exam findings, and laboratory results—which enables expert nurses to make informed and swift decisions that can significantly impact patient outcomes. While texts, guidelines, technical skills, and patient satisfaction are all relevant to nursing practice, they do not define the core characteristic of expertise in this context. An expert nurse not only understands technical skills and protocols but also integrates knowledge through experience, intuition, and situational awareness, showcasing the importance of recognizing patterns in nursing practice.

## 6. What does Ray's bureaucratic caring suggest about the concept of health?

- A. Health is merely the absence of disease
- B. Health is a pattern of meaning for individuals, families, and communities**
- C. Health is solely a personal responsibility
- D. Health is defined by healthcare professionals only

Ray's bureaucratic caring emphasizes that health is viewed as a pattern of meaning for individuals, families, and communities. This theoretical framework integrates the complexities of organizational structures in healthcare with the personalized aspects of care. By considering health in this context, it acknowledges that health encompasses more than just physical symptoms or the absence of disease; it includes the values, beliefs, and meanings that individuals and communities attribute to their health experiences. This perspective also broadens the understanding of health beyond traditional medical definitions, emphasizing that it is influenced by social, cultural, and interpersonal factors. Thus, health becomes a dynamic and subjective concept that is constructed through individual and collective narratives, reflecting how people understand their wellness in relation to their environments and relationships.

**7. Which of the following is NOT a component of the nursing metaparadigm?**

- A. Health**
- B. Patient**
- C. Technology**
- D. Environment**

The nursing metaparadigm consists of four essential components: person (or patient), environment, health, and nursing. Each of these components plays a crucial role in the understanding and practice of nursing as a holistic and patient-centered profession. The concept of "technology" is not considered part of the nursing metaparadigm. While technology certainly impacts nursing practice and can enhance patient care, it is not one of the foundational elements that define the scope of nursing. Instead, technology serves as a tool that supports the nursing process but does not fit into the core components that inform nursing theories and the overall framework of nursing practice. Thus, recognizing that components like health, patient, and environment are integral to the nursing metaparadigm helps to clarify the holistic approach nurses take when caring for individuals. In contrast, technology is an adjunct that aids these interactions rather than a fundamental element of nursing's theoretical foundation.

**8. What does the concept of transcendence in the human becoming theory refer to?**

- A. Limited to overcoming difficulties**
- B. A personal growth beyond current situations**
- C. Strict adherence to traditional practices**
- D. The inability to change circumstances**

The concept of transcendence in the human becoming theory refers to personal growth that goes beyond current situations. This theory, developed by nursing theorists such as Rosemarie Rizzo Parse, emphasizes the idea that individuals can consciously choose to evolve and adapt, seeking meaning and purpose. Transcendence involves moving beyond limitations, finding new understandings of self, and cultivating potential. By focusing on growth and development in response to experiences, individuals can transform their circumstances and perspectives, fostering a sense of empowerment and agency in their lives. This focus on personal growth is essential in nursing practice as it encourages nurses to support patients in their journeys toward greater self-awareness and purpose amidst challenges. The other options, while they touch on aspects of human experience, do not encapsulate the full essence of transcendence as defined in this theoretical framework.

**9. What is the primary focus of the nursing process in Roy's adaptation model?**

- A. Management of chronic diseases**
- B. Assessment and enhancement of adaptive abilities**
- C. Education and community outreach**
- D. Research in nursing theory**

The primary focus of the nursing process within Roy's adaptation model is the assessment and enhancement of adaptive abilities. Roy's model is centered around the idea that individuals are adaptive systems who respond to environmental stimuli. The essence of nursing, according to this model, is to support and promote an individual's ability to adapt to their environment, which can lead to improved health outcomes. By evaluating a patient's adaptive responses and understanding how they cope with changes and stressors, nurses can create tailored interventions that support the patient's ability to manage their health effectively. This emphasis on adaptation extends not only to physical health but also to emotional, social, and spiritual wellbeing, highlighting the holistic nature of nursing care. In this context, management of chronic diseases, education and community outreach, and research in nursing theory, while important areas of nursing practice, do not encapsulate the core focus of Roy's adaptation model. They may be components of broader nursing goals, but they do not specifically address the model's emphasis on adaptation and the enhancement of coping mechanisms as the central theme.

**10. According to Orem, which elements contribute to the concept of environment?**

- A. Cultural beliefs and practices**
- B. Physical, chemical, biological, and social contexts**
- C. Only physical and biological factors**
- D. Personal beliefs and decisions**

The correct answer emphasizes that the environment in Orem's Self-Care Theory encompasses a broad range of factors including physical, chemical, biological, and social contexts. In Orem's framework, the environment is understood as a comprehensive aspect that can influence a person's ability to engage in self-care. Physical factors might include things like the built environment and access to resources, while chemical and biological factors could pertain to aspects like air quality and exposure to pathogens. Social contexts involve the relationships and support systems that individuals have, which can significantly impact their health and self-care abilities. This multifaceted approach is critical in nursing practice as it allows healthcare professionals to consider all elements influencing a patient's health, ensuring a holistic approach to care. The focus only on physical and biological factors or personal beliefs and decisions neglects the broader context in which self-care occurs according to Orem's theory. Cultural beliefs and practices, while significant, are part of the larger social context but do not encapsulate the entirety of what the environment entails in this framework. Therefore, recognizing the depth and variety of environmental influences is essential to providing comprehensive nursing care.